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Itsa beerfest tyme agin

What's on tap? Only 13,000 litres of beer and cider from 17 countries

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MM&A looks out for No. 1

Embattled railway at the centre of the Lac-Mégantic disaster files for bankruptcy protection

PAGE 6

Canada Summer Games win

Whites Lake mountain biker snags sprint silver

PAGE 22

THE BOYS ARE BACK IN TOWN

BLUES BROTHERS (SORT OF) COMING TO HALIFAX FOR DUTCH MASON BLUES FESTIVAL

PAGE 10



YOUNG LOSS

Mourners gather in Campbellton, N.B., to remember Noah and Connor Barthe on Wednesday. The vigil opened with a moment of silence to pay respects to the boys, whose deaths have triggered an outpouring of global sympathy. More coverage, page 6. JOHN LEBLANC/THE CANADIAN PRESS

Man dies after fall into harbour

Couldn't be revived.
Bystanders plunged in to rescue 35-year-old

CLARK JANG
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An autopsy will be performed to determine what happened to a man who was pronounced dead after falling into the Halifax Harbour.

Halifax Regional Police say witnesses reported the man in the water around 4 p.m. near Hamachi House at Bishop's Landing.

It's believed the 35-year-old was sitting on the side of the boardwalk and then fell into the water.

Eric Richards, 51, of Halifax, was returning to the harbour on his boat when he heard people yelling for help.

When he couldn't get his boat over to the man, he jumped in the water.

"You just react and you try to help the guy as quickly



Boater Eric Richards explains how he dove into the water near Bishop's Landing to retrieve a man who fell into the harbour on Wednesday. JEFF HARPER/METRO

as you can and hope you get some kind of response," he said. "Unfortunately I didn't."

Richards and another would-be rescuer supported the victim and got him onto a small boat, where Richards performed CPR until the fire department arrived.

None of the attempts to revive the victim were successful.

Richards speculates the

man was in the water for 10 minutes or more.

"His colour was off, he didn't look like he had just fallen in," he said. "His face and neck were quite cut up from just scraping against the wall of the wharf."

Paramedics rushed the man to the QEII, where he was pronounced dead.

Police say the death is not considered suspicious.

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Concerns about mental-health delay Zinck's sentencing

Fraud charges.

Former MLA wants professional opinion before sentencing



HALEY RYAN

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In what the Crown called an "unexpected" turn of events, a former MLA's sentencing on fraud charges has been delayed by more than a month to get an expert assessment of his

mental health.

Trevor Zinck's lawyer, Lyle Howe, told the Nova Scotia Supreme Court on Wednesday he reached a new "depth of understanding" with the former politician over the weekend.

"Somebody's life is on the line, so if information comes to my attention that might be helpful, I have an obligation to tell that to the judge," Howe said outside court.

Zinck pleaded guilty in June to fraud over \$5,000 and breach of trust for accepting about \$9,000 from the Speak-

er's Office to cover constituency expenses in 2008 and 2009, even though he didn't pay those owed money.

He has admitted to having gambling problems in the past.

Howe said Zinck wants to work with local psychotherapist Paul Cashman. A status update has been scheduled for Aug. 16 during which the judge and crown will receive Cashman's detailed credentials.

Howe said the request is not a stalling tactic, saying Zinck only had time to reflect on his actions recently because he was closing his office and

dealing with constituents.

"Who would want this hanging over their head?" Howe said.

Crown prosecutor Andrew MacDonald opposed Howe's "unexpected" request.

"Frankly, it's just a little late in the day to be coming forward and saying, 'We think we need to hire an expert,'" MacDonald said.

Justice Glen MacDougall said the request was surprising, but agreed to push back the sentencing until Sept. 19 because Zinck has "a lot at stake."



Trevor Zinck holds the elevator as he leaves Nova Scotia Supreme Court in Halifax on Tuesday. His sentencing has been delayed until September. JEFF HARPER/METRO



It's soccer ... it's baseball ... it's Police Sports Pals fun!

Constable Aaron Head, centre, touches the goalpost to score a run as Alexander Bailey cheers him on in a game of soccer baseball at Wickwire Field on Wednesday. The game was part of Halifax Regional Police Sports Pals, an annual one-day soccer camp for youth. JEFF HARPER/METRO

Ecology Action Centre committee makes urgent suggestions for N.S. energy future



Nova Scotia Power workers carry out repairs on a Barrington Street pole in this undated file photo.

METRO FILE

Two reports, released Wednesday by an Ecology Action Centre committee, spell out the current challenges facing the province and make numerous suggestions to improve sustainable, long-term energy policy planning.

Catherine Abreu, chair of the Energy Issues Committee, said Nova Scotia is "energy insecure" and in need of a modern, more stable electricity system.

"We need a made-in-Nova Scotia energy system which takes advantage of our domestic resources ... the wind, the sun and our tides," said Abreu. "We've realized the risks coal-burning brings to our province and our people."

Abreu says Nova Scotia is moving in the right direction. The province is the first jurisdiction in Canada to set up an independent efficiency utility — Efficiency Nova Scotia —

which has decreased energy consumption by 4.3 per cent.

The reports also acknowledge that under a sustainable and responsible energy policy, electricity price increases are inevitable.

"Responding to this reality with the blunt measure of artificially lowering or freezing rates might provide superficial short-term relief," said Abreu. "What we really need are long-term sustainable strategies."

Claire McNeil, a member of the Affordable Energy Coalition, says short-sighted affordable energy solutions have failed financially vulnerable Nova Scotians.

"The original purpose of government regulation of the electricity system in Nova Scotia was to protect universality, to protect everybody having access to electricity," she said. "I think we've lost that over the years." CLARK JANG/FOR METRO

1+ NEWS

Dartmouth

Four people face weapons charges after traffic stop

Halifax police say three men and a teenage boy face weapons charges following a traffic stop. Officers pulled over a vehicle with four people inside in Dartmouth Tuesday. **THE CANADIAN PRESS**

Liverpool firefighters

Damage at White Point fire minimal

There were no injuries and damage was minimal after a fire at White Point Beach Resort earlier this week.

Shortly before 6 p.m. Tuesday, fire crews from Liverpool were dispatched to a chimney fire in the main lodge of the building. Greenfield



White Point Beach Resort. FILE

was also called in for backup. The building was evacuated quickly, and the fire departments kept the fire contained to the chimney and rafters. **QUEENS COUNTY ADVANCE**

Ingonish Beach

Man charged after stabbings

RCMP in Cape Breton have charged a man with three counts each of attempted murder and aggravated assault after three people were stabbed in Ingonish Beach on the weekend.

THE CANADIAN PRESS

Rehtaeh Parsons

New law protects cyberbullying victims in N.S.

A new law that allows people to sue or seek a protection order from the courts for cyberbullying has taken effect.

Justice Minister Ross Landry introduced the



Rehtaeh Parsons. FILE

Cyber-Safety Act in April following the death of 17-year-old Rehtaeh Parsons.

THE CANADIAN PRESS

Cheers to that: Beer drinkers and hellraisers at Seaport fest

One bourbon, one stotch, one beer. Scratch that order, with 13,000 litres of beer and cider on tap, stick to the bubbly stuff at the 7th annual Seaport Beerfest

CLARK JANG
halifax@metronews.ca

You don't need much to have a good time at the Seaport Beerfest.

For Peter Burbridge and the folks at the Bridge Brewing Company, it's as simple as getting into the community and having a couple drinks.

"It's just that sense of camaraderie," says Burbridge. "It's a great industry to be in and all the local craft breweries are really supportive of each other, so there's that fun community feel."

The 7th annual Seaport Beerfest takes place Friday and Saturday at the Cunard Centre. Around 13,000 litres of beer and cider from 17 countries will be available for sampling.

Burbridge is bringing two summer ales, Belgian blonde and strong dark Belgian, to the grogfest. He recommends the summer ale for a refreshing drink.

"It's pretty light in appearance. It's got a lot of hops, bitterness, it's really dry and refreshing and you get the citrusy notes from the orange peel," he said.

Brian Titus, co-producer of Beerfest and owner of the Garrison Brewery, says the number of local beers has more than doubled at this year's event.

"The scene in Nova Scotia for local craft brewers has absolutely exploded," he said.

A similar trend is evident in Ireland, according to Seamus O'Hara, founder of Carlow Brewing Company and

Drink up

271

Number of beer and ciders at this year's Beerfest

special guest of this year's Beerfest.

O'Hara says craft breweries are changing the landscape of the beer industry.

"The new guys are bringing more diversity into the market and getting inspiration as well," said O'Hara.

O'Hara's says he's excited to introduce Bluenosers to four of his brews, but to also try some unique drinks himself.

"I'm really looking forward to taste beers of the other Canadian breweries that are coming along," said O'Hara. "We might get some interesting ideas for inspiration from that."



In a Portlandia-worthy twist, there will be 271 kinds of beers and ciders flowing at this year's fest. Bridge Brewing Company owner Peter Burbridge shows off some of the product he'll feature at this year's Seaport Beerfest, which opens Friday.

JEFF HARPER/METRO

Calm before the storms: Hurricanes forecast



A surfer rides the waves in Seaforth just before Hurricane Leslie in September 2012.

JEFF HARPER/METRO

Despite a slow start to the hurricane season, a forecaster with the Canadian Hurricane Centre says Atlantic Canadians could soon see a "marked upswing" in storms.

"You cannot let your guard down because it's quiet," said Chris Fogarty Wednesday. "Maybe it's a calm before the storm."

Fogarty said all evidence points to an "active" season from late August to September.

He said dry air over the tropics has kept bigger storms from forming, but soon a La

Niña over the Pacific Ocean will create hurricane weather in the Atlantic.

He said the Hurricane Centre's predictions haven't changed since June, when forecasters called for seven to 11 hurricanes.

So far, there have been four named storms, but none has reached hurricane status.

"We'd have to quite a few in September to balance out what's happened so far," Fogarty said. "Things will pick up."

The pattern seems eerily similar to last summer, when

Atlantic Canada saw little storm activity until Hurricane Sandy caused billions of dollars of damage along the U.S. east coast in October.

But Fogarty said there's no way of telling if another superstorm is on its way.

"It's quite possible that none even get to us. It depends on other factors," he said.

Fogarty said now is the time to take precautions, addressing drainage issues and cutting back trees to remove weak or dead branches.

HALEY RYAN/METRO

What's in a name

Storm names already used this year:

- **Andrea:** June 5-7
- **Barry:** June 17-20
- **Chantal:** July 8-July 20
- **Dorian:** July 24-Aug. 3
- **Upcoming names:** Erin, Fernand, Gabrielle, Humberto, Ingrid

'Concerning' shortage

Blood Services falls into the red

Fewer Canadians have donated blood this summer, which has led to a "concerning" shortage that has prompted the Canadian Blood Services to draw on its national reserves, the charity said Wednesday.

More than 50,000 donations are needed between now and Labour Day to meet constant demand from hospitals and keep blood inventories at acceptable levels, the group said.

A spokeswoman for the group said the summer is usually "the biggest challenge of the year" partly because many of their regular donors are travelling.

THE CANADIAN PRESS

Didn't cost a nickel

Baby beaver flies to its new lodge

An orphaned baby beaver who was found on a trail in rural Manitoba was being flown to its new home in Ontario Wednesday.

The beaver has been named President, in honour of President Air Charter, which volunteered to fly the pup from Winnipeg to Peterborough, Ont.

The Aspen Valley Rehabilitation Sanctuary, which already houses seven beaver cubs, said its current residents would provide much-needed companionship for the new arrival.

THE CANADIAN PRESS

End of DOMA saves Canucks in the U.S.

Defense of Marriage Act. News that change applies to foreign gay couples a true godsend



JESSICA SMITH
Metro in Toronto

On Friday, the U.S. secretary of state announced life-changing implications to thousands of Canadians: the end of the Defense of Marriage Act applies to all married same-sex couples, not just American citizens.

For Canadians like Brandon Marshall and his husband Mike Aldridge, the death of DOMA was fantastic news — but after the initial celebration they were left with a few questions.

"We were just really over the moon. It had such a big, direct implication for us," said Marshall. "But there was still a little bit of confusion as to what exactly it meant for us.... We weren't sure if it was just for U.S. citizens trying to sponsor their partners."

Marshall is an assistant professor in the Department of Epidemiology at the Brown University School of Public Health. Aldridge is able to stay in the U.S. for now as he studies for a Masters of Health Science as a radiology assistant.



Brandon Marshall, right, and his husband Mike Aldridge on Block Island, R.I. COURTESY BRANDON MARSHALL

Respect here and there

"It's just wonderful to have our marriage fully recognized. It's not to say we'll live here forever ... but to have these opportunities afforded to us like any other couple is wonderful." Brandon Marshall

Marshall has now started applying for a green card based on his tenure-track position with Brown. If it is approved, Aldridge will get a green card like any another spouse.

And that changes everything for them.

Since Marshall began post-

doctoral studies in the U.S., they've had a difficult time finding ways to be together.

Aldridge could only stay in the U.S. for six months on a tourist visa. Going back to school would only be a temporary fix: even after he graduates, getting a work-based visa

in his field would have been a challenge.

"It was looking pretty bleak," said Marshall. "Having DOMA repealed allows us to have longer-term options and plans on the table now."

For Aldridge, DOMA meant he couldn't work. Every time they crossed the border, guards had the discretion to re-evaluate his visa. They always worried he would be denied.

"To have your marriage ... not count is so disheartening and frustrating, to be treated differently at that moment," he said.

'Offensive.' Women's lobby scolds Baird over defence of gay rights

A conservative women's group has slammed Foreign Affairs Minister John Baird for defending gay rights on the world stage, saying his views are at odds with Canadian values and even his own party.

In a news release Wednesday, REAL Women of Canada said the minister has abused his post "to further his own perspective on homosexuality."

"It really is offensive," Gwendolyn Landolt, national vice-president of REAL Women, said in an interview. "The issue is really why is he interfering in a sovereign country?"

"I don't want other countries to get what we have here where people's religious values and traditional values are being pushed aside and giving homosexuals priority."

Their criticism is linked to Baird's defence of same-sex rights in places such as Uganda and recently Russia, which is under fire for a new law that outlaws gay rallies and the use of the media and Internet to promote gay causes.

Baird revealed last week that Canada has been working for months trying to convince Russia not to implement the law. In an interview with The Canadian Press, Baird said the "mean-spirited and hateful law" is an "incitement to intolerance." **TORSTAR NEWS SERVICE**

Getting Dropped Off at the Airport?



Construction is underway along the drop-off curb at Halifax Stanfield. Airport operations will continue, with safe access to the terminal building.

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Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are



Noah and Connor Barthe

FACEBOOK/THE CANADIAN PRESS

looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. **THE CANADIAN PRESS**

Sochi Olympics. IOC, Russia feeling pressure over anti-LGBT law

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries which discriminate against gay people.

Fry, the British author and

Quoted

"Putin cannot be seen to have the approval of the civilized world."

Author and actor Stephen Fry, in an open letter to U.K. Prime Minister David Cameron and IOC President Jacques Rogge.

actor, went further in an open letter to British Prime Minister David Cameron and IOC President Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany, and calling for "an absolute ban" of the Games.

THE ASSOCIATED PRESS

British Columbia

Illegal dental practice shut down; patients told to get tested

A man who allegedly practised dentistry illegally from a Burnaby bedroom has disappeared after authorities seized his equipment, including drills and syringes that were not sanitized.

Former patients of Tung Sheng Wu should get tested for hepatitis and HIV, the College of Dental

Surgeons of B.C. and the Fraser Health Authority announced Wednesday.

Authorities were alerted to Wu's practice after a woman complained about her treatment this year. The college hired an investigator, leading to the seizure of equipment on May 29.

Wu is not a registered dentist and may have reused needles and contaminated materials. There was a "gross lack of basic hygiene in the premises," Dr. Michelle Murti said.

EMILY JACKSON/
METRO IN VANCOUVER



Ariel Castro's Cleveland nightmare house destroyed

The home where three women were held captive and raped for more than a decade is torn down in Cleveland on Wednesday. Authorities said they wanted to make sure the rubble isn't sold online as "murderabilia" — mementos from a murder scene. Ariel Castro, 53, was sentenced last week to life in prison plus 1,000 years after pleading guilty to 937 counts including aggravated murder, kidnapping, rape and assault.

MARVIN FONG/THE PLAIN DEALER/THE ASSOCIATED PRESS

MM&A Railway files for Chapter 11

Lac-Mégantic disaster.

Company chairman says bankruptcy-protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection.

The Montreal, Maine & Atlantic Railway says it filed for Chapter 11 bankruptcy protection Wednesday in the U.S.

It also said its sister company in Canada — Montreal, Maine & Atlantic Canada Co. — simultaneously filed a petition in Quebec Superior Court in Montreal seeking relief under the Companies' Creditors Arrangement Act, a step that would protect it from creditors.

"It has become apparent that the obligations of both companies now exceed the



The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection.

RYAN REMIOW/THE CANADIAN PRESS

value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous cleanup costs following the

Quoted

"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."

Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway

disaster.

The town and the Quebec government have sent legal notices to the Maine-based railway, demanding that it reimburse Lac-Mégantic nearly \$8 million in environmental mop-up costs.

"MMA wishes to continue to work with the Quebec Ministry of the Environment, the municipality of Lac-Mégantic, and other government authorities in the continuing environmental remediation and cleanup as long as is necessary, and will do everything within its capacity to achieve completion of such goal," Burkhardt said.

THE ASSOCIATED PRESS

Diplomacy has failed: Egyptian leadership

Egypt. Muslim Brotherhood vows to continue sit-ins until 'legitimacy' is returned

Egypt's military-backed interim leadership proclaimed Wednesday that a crackdown against two protest sites is inevitable, saying

that nearly two weeks of foreign diplomatic efforts to peacefully resolve its standoff with the Muslim Brotherhood have failed.

The government's statements strongly suggested that Egypt's sharp polarization may spiral into even more bloodshed as thousands of supporters of ousted president Mohammed Morsi, a longtime Brother-

hood figure, camp out at two main Cairo intersections and hold daily protests outside security buildings.

"The decision agreed on by all to clear the sit-ins is final and irreversible," Prime Minister Hazem el-Beblawi said on state television, reading a statement issued by the Egyptian cabinet.

THE ASSOCIATED PRESS



High stakes

At stake is the Arab world's most populous country. Already more than 250 people have been killed in violence since the military ousted Morsi last month, including at least 130 Brotherhood supporters in two major clashes.

Yemen. Government says it foiled al-Qaida plots

Authorities foiled plots by al-Qaida to take over key cities in southern Yemen and attack strategic ports and gas facilities, a government spokesman said Wednesday amid a heightened alert that has seen Western embassies evacuated and a new suspected U.S. drone strike that killed seven alleged militants

from the terrorist group.

Al-Qaida planned to target the cities of Mukalla and Bawzeer, then send militants disguised as Yemeni troops to attack two strategic oil ports in the impoverished country on the Arabian Peninsula, government spokesman Rageh Badi said. THE ASSOCIATED PRESS



A foreign national walks toward the departure area of Sanaa International Airport before leaving Yemen on Wednesday. The United States ordered Americans to leave Yemen "immediately" amid a worldwide alert linked to electronic intercepts from al-Qaida leader Ayman al-Zawahiri. GETTY IMAGES

'Persistent challenge'

Al-Qaida affiliates a serious threat: UN

Al-Qaida's senior leadership has a diminished ability to direct global terror operations but the threat from loosely linked affiliates and individuals radicalized by its "infectious ideas" is becoming more sophisticated, U.N. experts said Wednesday.

In a report to the Security

Council, the panel monitoring U.N. sanctions against al-Qaida pointed to the growing sophistication and reach of terrorist propaganda on the Internet. It also pointed to recent attacks in Boston, London and Paris that highlight the "persistent challenge" of terrorist acts committed by individuals or small groups and the emergence of a strong al-Qaida presence in Syria's civil war.

THE ASSOCIATED PRESS

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NEW BUILDING

Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are

Quoted

"Everything we know about brain research and child development points away from using screens to educate babies."

Susan Linn, director of Campaign for a Commercial-Free Childhood



more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"The research shows that machines and screen media are a really ineffective way of teaching a baby language," said Susan Linn, the group's director. "What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. But it noted the many positive reviews its apps have received from customers. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
95.94¢ (-0.44¢)



TSX
12,412.73 (-56.59)



OIL
\$104.37 US (-93¢)



GOLD
\$1,285.30 US (+\$2.80)

Natural gas: \$3.24 US (-8¢)
Dow Jones: 15,470.67 (-48.07)

Insurance

Your car could spy on your driving

Cars are already connected with automated parallel parking and Internet-based entertainment, and now technology can track driving habits like hard braking that could affect a driver's insurance rates. A wireless device measures distance travelled annually, frequency of hard braking and acceleration, as well as time of day the vehicle is used to determine savings on insurance. **THE CANADIAN PRESS**

Free work. MLB should have paid volunteers, suit argues



A young fan poses with gear he collected at Major League Baseball's All-Star FanFest. **THE ASSOCIATED PRESS FILE**

A lawsuit filed in New York says Major League Baseball staffed a profitable 2013 All-Star FanFest last month almost entirely with more than 2,000 unpaid volunteers.

The federal lawsuit was filed Wednesday in Manhattan. It seeks unpaid wages and an order to stop the league from soliciting and accepting work from unpaid volunteers.

The lawsuit says recruiting volunteers violates federal and

state minimum wage laws. Lawyers brought the lawsuit on behalf of a Queens man who volunteered for five days at the event. They said they will seek class-action status.

They noted that the league has already invited this year's volunteers to work for free at the 2014 All-Star Game in Minneapolis.

Matt Bourne, an MLB spokesman, says the league doesn't comment on pending litigation. **THE ASSOCIATED PRESS**

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On a mission from God

Belushi/Aykroyd.

The Blues Brothers headline Dutch Mason Blues Festival



**BACKSTAGE
PASS**

Jenna Conter
halifax@metronews.ca

When I picked up the phone to interview actor and comedian Jim Belushi, I wasn't prepared for a verbatim reenactment of the conversation between he and Dan Aykroyd that prompted Belushi's decision to step into his late brother's shoes on the Blues Brothers' stage.

"I can't do the Blues Brothers — that was John's thing," said Belushi, recounting the conversation.

Continuing — in the best Aykroyd voice I've heard other than Aykroyd's: "No, no, no. We have to keep the legacy of Jake Blues alive, and who better to do that than his own blood brother."

Twenty years later, Belushi is part of the act as Brother Zee Blues and together with Elwood J. Blues (Aykroyd), The Blues Brothers are set to play The Dutch Mason Blues Festival this Saturday night in Truro.

"The Dutch Mason Blues Festival is a very famous festival in Canada and Dutch Mason was one of the greatest blues men," said Belushi of the group's only Canadian appearance.

"When I told Danny we had the offer to do it he said, 'Oh, yes...' and it would be an honour."

For those who didn't grow up in my household, The Blues Brothers act was originally an SNL skit from 1976



The Blues Brothers are in Halifax this weekend. COURTESY STEPHANIE ALEXANDER

that was made into a movie in 1980.

The first — and still best — of the SNL films featured Dan Aykroyd as Elwood J. Blues and the late, great John Belushi as his brother Jake.

"John was a shooting star," said Belushi.

"All of a sudden there was a brilliant flash of light that took your breath away and then it disappeared ... that was John."

Though originally reluctant to don the black hat and sunglasses, the younger

Belushi educated himself in "true American blues" and now takes to his own role as Brother Zee, a character created by Aykroyd.

"Danny's whole backstory is the discovery of the blood brother buried in some small town in Albania living the peasant Gypsy life," he explained.

"He doesn't speak English except for the blues."

Once just a character from a would-be third Blues Brothers film, Brother Zee is now a veteran blues man in

Details

- **WHAT.** The Dutch Mason Blues Festival Featuring The Blues Brothers
- **WHERE.** Truro Raceway & Exhibition Grounds
- **WHEN.** Aug. 9 to 11
- **TICKETS.** ticketatlantic.com.

his own right.

"Expect great American music, spiritual uplifting, and watching the legend of

Elwood Blues walk the stage and distribute his magic ... along with Brother Zee," said Belushi.



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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."



Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly

after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source

who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says



Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep

says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.



Twitter



@Sethrogen

People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.



@markduplass

We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.



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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6

billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Ham-margren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the

screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Ham-margren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience. But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a



great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."



What's on the market?



The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function. \$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app. \$495, citizenwatch.com



Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. \$249, martianwatches.com

The technology drivers

i'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. \$299, imsmart.com



News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. **RICHARD PECKETT**



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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of



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the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

- Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.
- Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner

knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

- Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.
- Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based

supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

— François Ramsay, senior vice-president with Yellow Pages Group

MCK REMAINS FOCUSED ON THE COMMUNITY

Steve Ryan, director of operations for MCK, knows just how far his company has come. When his brother, Mike, began the business in 1988, Steve was his first employee. The pair went door-to-door in search of new projects, building their clientele on referrals alone.

"We needed to make every client happy because their recommendation meant everything," Steve says.

Back then, MCK was known as Mike's Country Kitchens — a builder of qual-

ity cabinetry for kitchens and bathrooms in the Halifax area. At the heart, it's the same business today. But the scale has changed. In 1988, the company had a staff of two. Today, it has 40 employees, a 20,000-square-foot manufacturing facility, and two 4,000-square-foot showrooms.

MCK is no longer small, it's true — but the owners remain community focused.

"MCK always tries to support the local economy," Steve says. "We deal with all the local sub-trades. By working hand-in-hand

with these sub-trades, we can better control both timelines and quality."

Plus, MCK gives back. The company supports World Vision through proceeds from its popular Princess Golf Tournament, an annual event. It also supports Habitat for Humanity, supplying cabinetry for houses the charity builds. In both business and philanthropy, MCK does its part. For Mike and Steve, the hard work has paid off.

Make a local purchase today and support local business owners like Mike and Steve.



STEVE RYAN PHOTO

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It's all about roots — community roots, that is — at the Head Shoppe.

Locally owned and operated, the Head Shoppe has been proudly serving Nova Scotia and New Brunswick since 1967, and its commitment to customer service and education has remained the same over the years.

"What sets us apart is our dedication to education," says David Lynds, spokesperson for the Head Shoppe.

"We have such a strong belief in the

value of education that we provide our associates with many free upgrading classes all year long."

By ensuring associates are up-to-date on all the latest trends and techniques, Lynds says the Head Shoppe is able to provide the highest quality customer service possible.

"The guest experience is a major priority for us," Lynds says.

"We continue looking for ways to enhance it using technology, but also

through a quality service experience."

With 18 locations across both provinces, employing more than 300 people, the Head Shoppe offers full hair services for all ages.

This full service hair salon also offers esthetic services including facials, manicures, pedicures, and waxing services.

For more information about the Head Shoppe or to book an appointment, visit headshoppe.ca.



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DAVID DE LOSSY/PHOTODISC/THINKSTOCK

GET YOUR WINGS AT MARITIME HOBBIES AND CRAFTS

Radio controlled airplanes has been Greg Hatt's passion since he was six, a hobby he has nurtured for many years working as a radio control expert at Maritime Hobbies and Crafts.

"I love the constant advancements in technology," he says. "I love tinkering with the planes, finding new things to do with them."

The most striking technological advancement in recent years has been the development of electric motors, which

are lighter and more powerful than traditional gas engines, making everything from giant reproduction aircraft to tiny microplanes a reality.

Hatt says radio control has something for everybody with an interest in aviation.

"There's a large warbird group in the region. There are a lot of people who concentrate on aerobatic flying. And then there are a whole lot of Sunday flyers, people who just like to go out

on the weekend, relax and fly their planes."

Hatt says Maritime Hobbies and Crafts is a great place to break into the radio controlled hobby. Buying an inexpensive ready-to-fly model is the best way to test things out and see what flying feels like.

"I always recommend joining a local radio controlled club. That way you can meet experienced flyers who can show you the right way to do it."

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REJUVENATION IN PROGRESS

Stacey Campbell was filling a niche when she opened her Portland Street business 10 months ago.

"I did my research and realized that Dartmouth didn't have a candy store," she says. "I decided that it needed one."

Today, Sugar Shok sells more than 50 kinds of popular and hard-to-find candies, along with a unique range of novelty items, gifts, toys and party favours. Business has been brisk so far.

Campbell is one of a number of young entrepreneurs who are choosing downtown Dartmouth as a place to set up shop. An urban bike shop, an art gallery and a unique gift and housewares store have been joining long established businesses such as Janet's Flowers and Uptown Girl — adding a new vibrancy to the Portland Street area and changing the face of the neighbourhood in the process.

The Bike Pedaler perfectly reflects that change. The building occupied by the thriving bike sales and repair shop had been home to 10 businesses in 10 years including a comic store, a motorcycle shop, a tack shop for horses, a book store and a convenience store before Marc Rickard moved in. After more than two years, Rickard says business at the cycle shop shows no sign of slowing down anytime soon.

"We were really busy as soon as we opened and we've only gotten busier since," he says.

Like Campbell, Rickard saw a niche and



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filled it when he moved home to Dartmouth in 2011 after a stint living out of province.

"I couldn't believe there were no bike shops left in Dartmouth," he says.

"It was something the city really needed."

Today, The Bike Pedaler focuses on commuter based bike repairs, acting as a centre for a new revival in cycling that's taking place on the trails and roads of Dartmouth.

Rickard admits that it was mostly good luck that led him to choose Portland Street as a place to set up shop, but he is proud

of the part his business is playing in the downtown revival.

"It's amazing the effect that moving a few thriving businesses into the area is having. We're seeing a real rejuvenation up and down Portland Street."

It's apparent everywhere, from the transformation of longtime fixture Sam's Place into Dartmouth's hot new music venue Hurricane City, to the soon-to-be-opened Kept Gifts and Housewares.

For Campbell, the transformation is no surprise. "There is a lot of awesome stuff here in downtown Dartmouth. People are starting to realize it."

GATHERING PLACES

LA PERLA ITALIAN RESTAURANT — Located at the corner of Alderney and Portland, La Perla has established a reputation for serving some of the best Northern Italian cuisine available anywhere.

NECTAR — Cited as "the best restaurant in Dartmouth" for five straight years, Nectar's Darkside Sunday Jazz has become a hot ticket around town.

MABELLE'S CAFÉ — Just a short walk from the Alderney Ferry Terminal, MaBelle's features a cosy tearoom and great desserts seven days a week.

WHISKEY'S — a downtown Dartmouth landmark with an outdoor patio that's perfect for lazy summer days.

MIDDAY BISTRO — This Portland Street sandwich shop is the perfect place to grab a bite before heading to a show at Alderney Landing.

JACOB'S LOUNGE — The motto of this Portland Street gathering place is "down home cuisine with uptown flare."

CELTIC CORNER — Anyone who loves great Celtic music, food and good times already knows about this Alderney Drive institution.

HURRICANE CITY — The new kid on the Portland Street block plans to become one of Halifax's top entertainment venues, according to Hurricane City owner Mark Gallagher.

THE WOODEN MONKEY — located above the ferry terminal with a spectacular harbour view and a great locally sourced menu.

MEET FRIENDS AND RELAX IN DOWNTOWN DARTMOUTH

Mark Gallagher took over a Portland Street institution called Sam's Place with a simple goal in mind. To get back to basics.

The Dartmouth entrepreneur and longtime sound engineer plans to turn Hurricane City into a centrepiece for great live music and good food.

"It's going to be a New Orleans-style blues revue," he says. "We're cleaning it up and looking at attracting a whole new clientele. It will be a real gathering place in downtown Dartmouth."

A gathering place. It's a phrase you hear a lot in downtown Dartmouth these days. From the spectacular new urban community of King's Wharf to the premier entertainment venue at Alderney

Landing, the community is fast becoming known throughout Metro as a place to meet friends, relax and slow down for awhile.

Downtown Dartmouth is far removed from the big box stores and indoor malls that permeate the shopping experience for many these days, according to Downtown Dartmouth Business Commission executive director Tim Rissesco. It's a place made up of intimate neighbourhoods — shops and streets with unique character where people get to know their local merchants by name. An urban village.

Today, downtown Dartmouth hosts some of the most popular dining and entertainment establishments in HRM, including La Perla, Nectar, MaBelle's,



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Whiskey's, Midday Bistro and Jacob's Lounge. Celtic Corner has also become a popular entertainment destination that's well-known throughout the city, a success that Mark Gallagher hopes to emulate with Hurricane City.

"We're looking at the Celtic Corner crowd as the same clientele that we're trying to attract," he says.

Jane MacDougald hopes to play a part in the revival as well. MacDougald is opening The Dart Gallery in the recently

vacated Joe's Bar and Laundromat on Portland Street, next door to Kept Gifts and Housewares. The gallery will be a place for local artists to display and sell their work but it will be much more, she says.

"I'm aiming for a real community space. I want to create a place that is welcoming for everyone, a vibrant space for community events and experiences. Downtown Dartmouth is really becoming a centre of activity in the city, and I'm excited to be part of that."



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HOLMESTEAD CHEESE OFFERS A BLEND OF FARAWAY TASTES

The Mediterranean and the Maritimes intersect a hundred kilometres outside Halifax in Aylesford, at Holmestead Cheese Sales, an unofficial culinary embassy of Greece in the Annapolis Valley.

"It's 28 years we've been doing this and we're growing steadily," says Susan Tziolas, who went into business making feta cheese with her husband Nick, back in 1985.

Nick learned the tricks of the cheese-making trade in northern Greece. Son George has been involved for the last five years, and is keen to carry on the traditions he has learned from his father.

They have thrived on word of mouth, gradually expanding operations to become the largest independent cheese manufacturer in Nova Scotia.

This year, they added a retail outlet, where their signature feta, Kalamata olives, olive oil and specialty cheeses from Kefalograviera to ricotta join local treats like Lake Paul maple syrup and fair trade organic coffee from Bear River's Sis-siboo Coffee Roaster on the shelves.



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"We're trying to incorporate the local flavours of the Maritimes with our own specialty products and trying to provide the rural areas of Nova Scotia with new flavours," Tziolas says.

She calls this a blend of the best of both worlds as "a faraway taste made here at home."

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SMALL STEPS MAKE BIG DIFFERENCE

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local.

"If you set a goal of 100 per cent, you're just setting yourself up for failure. You have to do what makes sense for you. I've had people say to me, 'I'm a mother



ISTOCKPHOTO/THINKSTOCK

with three kids, I'm shopping at Walmart.' And I'll say to them, 'If I was in your position, I'd be right behind you in line.'"

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments,

Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

Asking questions about where your products come from can also start the change, Mills says.

"Like where our \$3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says.

"Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'"

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

— Jason Menard

THE RIGHT LIVING OPTION

CHECK OUT ABIGAIL 1

There's a new development on the Bedford horizon that's raising the bar for those of you who are seeking upscale apartment living.

The Abigail I, the first of three new 12-storey highrises on Jacob Lane (off Larry Uteck Boulevard) opens this month, with Abigail II to be ready for December and Abigail III debuting early next summer.

Each of the building's 96 open-concept apartments boasts wood floors, granite countertops, six appliances, walk-in closets — and then there's the view.

"The views are absolutely incredible," says Kim Sheals of Universal Properties. "You're looking out on the harbour and the Bedford Basin from the majority of the suites."

The building offers an outdoor deck, heated and covered parking garage, and on-site staff.

As a welcome to the neighbourhood, Universal has partnered with local merchants including RBC, Shoppers Drug Mart, Southgate Dentistry, Coffee Culture, and Infusion Spa and Salon to give new tenants exclusive perks.



RICHARD WOODBURY PHOTO

One-bedroom units start at \$1,135 per month and appeal to "young families and professionals and they're very popular with seniors," Sheals says. "More and more people find the transition from the responsibilities of home ownership to the convenience of an upscale apartment building the right option for them."

view suite view



Now renting in Bedford! Magnificent views, light-filled, open concept apartments enhanced with quality finishes. Introducing The Abigail I, off Larry Uteck at 56 Jacob Lane. Take a tour at www.theabigailapartments.ca or call (902) 402-2591.


THE ABIGAIL
Apartment Residences I • II • III

 Universal Properties 1190 Barrington St., Halifax, NS B3H 2R4 (902) 425-8877



CONTRIBUTED

FEEDING GENERATIONS OF NOVA SCOTIANS

For generations of Nova Scotians, eating healthy has meant choosing ingredients fresh from the farm. For 40 years, Withrow's Farm Market has been keeping local kitchens well stocked by offering only the finest Nova Scotia grown ingredients to its customers.

"We are family owned and operated, so we know the produce business," says Withrow's owner Brian Withrow. "Fresh local fruits and vegetables arrive at our markets seven days a week."

The Rocky Knoll Farm Meat Shop at Withrow's Belnan location, just minutes from Metro, has become famous for lean ground beef, pork pinwheels, corned beef and much more.

"Our own meat shop sells only our own farm raised natural beef and Maritime pork, chicken and lamb," Withrow says. "We offer old-fashioned meat shop service with an experienced meat cutter on hand seven days a week to custom cut your perfect steak."

Withrow says the friendly, informed staff at all three market locations in Belnan, Mount Uniacke and Rawdon always goes the extra distance to bring customers the quality and service for which they are looking.

For more information, please visit WithrowsFarmMarket.ca. Click on the link and join the Withrow's E-Family to receive weekly specials and news of upcoming events. Join during August and receive a special welcoming gift.

HEALTH BASKET PROMOTES WELLNESS

Most people know that wellness, excellent health and vitality start with the nutrients that you put into your body. But that's only the beginning, says Celine Burlock, co-owner of Health Basket, a supplements and health food store in Cole Harbour.

"The way and what we eat is one of the keys to good health," she says.

"But it is also the way we move and the way we think. All of those factors come together, and the Health Basket

team concentrates its services on all of those factors."

The Health Basket takes a three-pronged approach to promoting health and wellness, Burlock says.

Along with providing high-quality foods, supplements and nutritional consulting, the store offers a range of health promotion services, including life and wellness coaching, Reconnective Healing®, The Reconnection®, tai chi and qi gong ancient traditional Chinese

medical techniques that balances the chi, or electromagnetic energy that surrounds and pervades all living being.

The Health Basket is a unique business, one that takes the time to talk with clients to help them get on the right track towards their personal health, wellness and healing goals, Burlock says.

"We offer all modalities to create a holistic approach to promote health, wellness and longevity."



CONTRIBUTED

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2062 Hwy 14 Rawdon | (902) 632-2566
1040 Hwy 214 Elmsdale | (902) 883-2698
Meat Shop (Elmsdale location) | (902) 883-0483

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Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug. **Pandoro Dusty Shale Oval, five by eight inches, \$230, homesav.com**



Dining room

Since the table and chairs will sit in the centre of the rug, keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveau landscape painting. **Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, \$300, homedepot.ca**



Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, \$160, gelpro.com



Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

Small Sheep Bath Mat, two by three inches, \$20, simons.ca



Kids

Durable enough to play on yet comfortable enough for nap time on the floor. Could be fun in the foyer too. Cement-coloured fun mimics chalk on the road.

Hopscotch Rug, four by six inches Wool, \$230, cb2.com



Outdoors

Wake up the great outdoors with crisp blue and white underfoot. Also great to use in play and sunrooms indoors.

Fab Habitat Athens Outdoor Rug, six by nine inches, \$215, amazon.ca



Pop goes the ice — in your mouth

One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more.

Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Tapioca flour is often called

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

Fudge Ice Pops



This recipe makes nine to 12 ice pops. THE CANADIAN PRESS H/O

tapioca starch. They are identical products.

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPE ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

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Raonic on to Round 3 in Montreal

Milos Raonic rushes the net against Mikhail Youzhny on Wednesday night at the Rogers Cup. The Thornhill, Ont., native won 6-4, 6-4 at Uniprix Stadium to advance to the third round in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Slaunwhite prepares to drive with heavy heart

Atlantic Cat 250.
Organizers planning events to remember fallen driver Stevens



ANDREW RANKIN
andrew.rankin@metronews.ca

Craig Slaunwhite remembers back a few months to when Mike Stevens best illustrated the type of man he was.

The Terence Bay stock car driver recalls Stevens coming to his aid after he abruptly

pulled out of a race at Riverside International Speedway in Antigonish with brake problems.

Stevens had withdrawn from the race with mechanical issues but didn't hesitate to help his competitor.

He fixed the problem virtually on his own, and Slaunwhite went on to a seventh-place finish.

"We were going to pack it up and put the car in the trailer," said Slaunwhite. "But he gets underneath my car as a competitor and gets me to a seventh place finish. That tells you what kind of guy he was."

Stevens died in a racing accident at the P.E.I. Oyster Bed Speedway last weekend.

It's no surprise the Riverview, N.B., native will be honoured at the Atlantic Cat 250 on Saturday, where the finest drivers in the Maritimes take to the Scotia Speedworld in the biggest 250 series race of the year.

A moment of silence is planned before the race and on the fourth lap fans will rise to give a four-finger salute to honour Stevens' former racing number among other tributes.

Slaunwhite is hoping to win it for his good friend, and

to get a piece of the \$50,000 prize purse.

"Every one of us wants to win and dedicate it to Mike," said Slaunwhite.

He'll be up against some heavy competition among the 24-car pack, including fellow Haligonian and Parts for Trucks Pro Stock Tour points leader John Flemming, along with Shawn Tucker and Shawn Turpel — second and third in the standings.

Multi-event winner Ben Rowe of Turner, Maine, is also in the fold.

Gates open at 2 p.m., and the race is scheduled for 5 p.m.

OHL

Business comes before family ties for Gilmour

A strong family connection might have brought forward Jake Gilmour to the Ontario Hockey League's Kingston Frontenacs, but it didn't keep him there.

Frontenacs general manager Doug Gilmour sent his son packing Wednesday, shipping Jake, goaltender Blake Richard and a conditional 12th round pick in 2015 to Niagara for the IceDogs 12th round pick in 2015. **THE CANADIAN PRESS**

MLB

Blue Jays fall apart in 5th in Seattle

Humberto Quintero's two-run homer highlighted a six-run fifth inning, and the Seattle Mariners rallied for a 9-7 victory over Toronto on Wednesday to spoil the return of Blue Jays left-hander J.A. Happ.

It was Happ's first start since May 7, when he suffered a skull fracture and sprained knee after being hit by a line drive in Tampa Bay. **THE ASSOCIATED PRESS**



Toronto pitcher J.A. Happ
GETTY IMAGES

Wait is over: L'Esperance lands silver medal



Andrew L'Esperance Whites of Lake races in the Canada Games mountain bike men's sprint qualifiers on Wednesday. MEGAN MAHON/COMMUNICATIONS NOVA SCOTIA

Andrew L'Esperance's eight-year quest for a Canada Summer Games medal finally ended on Wednesday in Sherbrooke, Que.

The Whites Lake native withstood four gruelling qualifying events to capture a silver medal in the 800-metre mountain bike sprint.

"I'm pretty proud right now," said L'Esperance. "I have had a great week, and it's been four years leading up to this and how many hundreds of races and learning a little bit from each one along the way."

The 22-year-old made his Summer Games debut as a diver in 2005 then switched over to cycling at the 2009 Games.

There have been many disappointments along the way, including a 23rd place finish at the Sudbury Canada Cup last month. But with support from long-time coach Andrew Feenstra, he kept going.

L'Esperance had two solid runs leading up to Wednesday's podium finish: A fifth-place finish in the cross-country Saturday, fourth-place performance in the team relay Monday.

The third time proved to be the charm.

"I came here with a goal of getting a medal, and I accomplished that. I'm so proud to be representing Nova Scotia."

New Glasgow's Tim Ferris won his fourth medal of the Games, earning a bronze with a time of 37.03 in the 50-metre backstroke in the Special Olympian division.

Mohamed Eldah of Dartmouth captured a bronze medal in the 100-metre butterfly event with a personal best time of 55.32. **ANDREW RANKIN/METRO**

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Horoscopes

Aries

March 21 - April 20

Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

Taurus

April 21 - May 21

You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

Gemini

May 22 - June 21

Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

Cancer

June 22 - July 23

Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

Leo

July 24 - Aug. 23

You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

Virgo

Aug. 24 - Sept. 23

The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

Libra

Sept. 24 - Oct. 23

Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

Scorpio

Oct. 24 - Nov. 22

The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

Sagittarius

Nov. 23 - Dec. 21

Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

Capricorn

Dec. 22 - Jan. 20

Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

Aquarius

Jan. 21 - Feb. 19

Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

Pisces

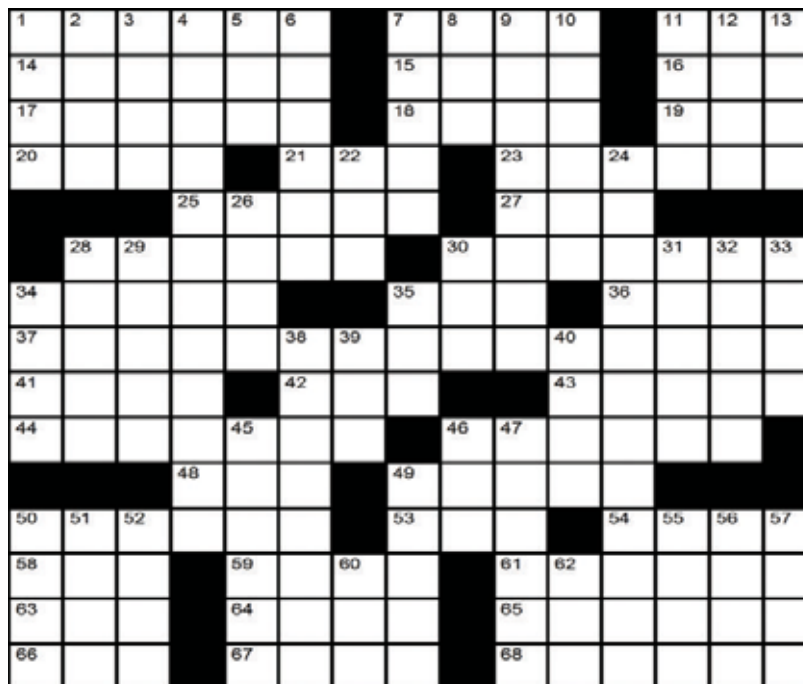
Feb. 20 - March 20

You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Type of computer printer
- French film
- Blue Rodeo hit
- One of Montreal's Concordia University's campuses
- Dupery
- Pronoun
- Basketball great, ___ Abdul-Jabbar
- Commedia dell'___
- Standard
- Single-horse carriage
- Celeb photographer
- Bring'tin from beyond
- Picture files on PCs
- ___-locka, Florida
- Rock: French
- Horns of nature
- "___ bleu!" (Golly!)
- Camel hair garment
- H.G. Wells people
- Period of social change in Quebec in the 1960s: 2 wds.
- Falsehood
- That, in Tijuana
- Tend the fire
- This evening
- Baseball team: acr. + wd.



- Ginger drink
- Picnic blanket's one-of-some
- Vancouver-born actor Mr. Jackson
- 'Motor' suffix
- Yep's opposite
- Commonly, in verse
- Snare
- Reached home plate, this way: 2 wds.

- Charlemagne's li'l domain
- 'Conval' suffix (Recuperate)
- Nature/beach/recreation spot on Vancouver Island
- '60/'70s war zone, informally
- Want
- Cold ___ (Singer/songwriter from

Etobicoke, ON)

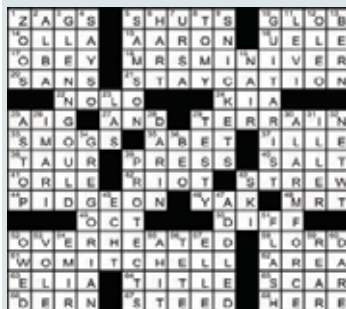
Down

- Types
- Biblical mariner
- Ms. Sedgwick of acting
- Iconic 'Degraasi' character played by Pat Mastroianni: 2 wds.
- 'Client' completer

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Painter-at-the-easel's tool: 2 wds.
- ___-a-porter (Ready-to-wear)
- Brazil's Sao ___
- 'Mort' suffix (Funeral parlor gig)
- Blood-typing letters
- Poet T.S.
- Chess pieces
- ___ qua non (Essential factor)
- Floor plan measuring unit, ___
- Ms. Gardner
- Practice for the play
- Founded, for short
- "Gomer Pyle, ___"
- ___-free bread
- Calgary Flames org.
- Bakery supplies
- Made do
- Saint ___, New Brunswick
- Canadian cellist Ms. Harnoy
- Plant part
- Relating to lyric poetry
- "Get the Party Started" singer
- Rock producer Brian's
- Toronto Blue Jays mascot
- Sever

Yesterday's Crossword

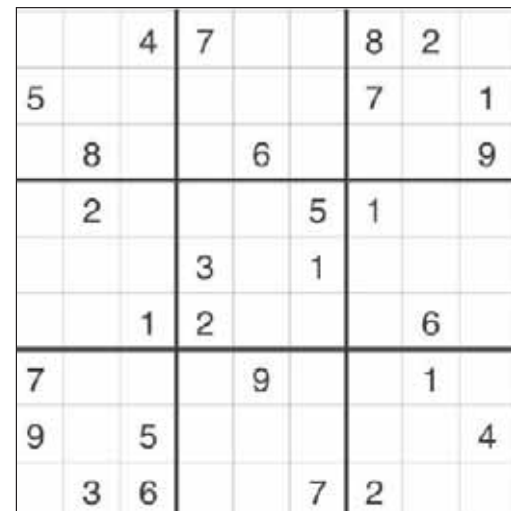
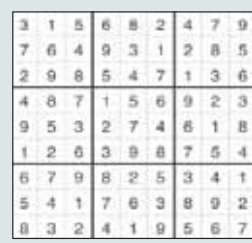


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

23°/16°

Variable

Friday

21°/18°

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